



**New GM  
'great asset'**  
CSI president  
says Christopher  
Graves was exactly  
what they were  
looking for.

# SPOKE

A learning newsroom for journalism students

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News

Monday, September 17, 2007

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

39th Year — No. 16

## Guelph tops for trade, apprentice programs

By VANESSA BUTLER

Conestoga College's Guelph campus has introduced four new co-op programs, two of which are for students interested in putting the pedal to the metal.

Motive power fundamentals — truck and coach technician, motive power fundamentals — automotive service technician, basic machine operator and mechanical techniques — millwright are hands-on programs that include 32-48 weeks of post-secondary training including a four-month paid co-op placement. In addition, some programs include apprenticeship training.

"Guelph is the centre of excellence for motor power," said Brenda Gilmore, employer liaison and student recruiter for Conestoga College's Guelph campus. "There is a strong labour market demand for students who have the skills and meet the hands-on requirements in order to succeed at their job."

Gilmore said these courses are very competitive for students. In order to qualify for millwrighting or motive power, the applicant must have an Ontario Secondary School Diploma or equivalent and have successfully completed Grade 12 academic math and English courses or equivalent. She said the most popular programs in Guelph are industrial maintenance, welding, mechanic/millwright, automotive service technician, truck and coach technician and precision machining.

After students in the motive power or millwright programs have successfully completed the set curriculum and met all the requirements they will receive an Ontario college certificate and two levels of apprenticeship training which permits them to work in their trade as an apprentice.

These programs began in September. Gilmore said the Guelph campus is expanding by getting more post-secondary students interested in pursuing a trade in the industrial, machining and motive power sectors. She said students enjoy the opportunity to get a co-op placement and apprentice training and develop marketable skills in order to enter their desired trade.

For more information on trades or apprenticeship programs, contact Brenda Gilmore at 519-824-9390, ext. 122 or e-mail trades@conestogac.on.ca.



(Photo by Leanne Mountford)

First-year general business student Justin Poetker rides the mechanical bull at the Pond Party on Sept. 6. For additional photos, see Pages 2, 10 and 11.

## Pond Party makes big splash

By SARAH JAYNES

The sun was blazing as hundreds of hungry students lined up for hamburgers and hotdogs at this year's Pond Party on Sept. 6. The free event, hosted by Conestoga Student Inc. (CSI), included a barbecue which students appreciated since money can be so tight the first few weeks of school.

Lisa Buchholtz, a first-year practical nursing student, said the Pond Party is a great way for people to get to know each other. She also said she liked the free food and free giveaways. Other students liked the option of having a beer for only \$3 in the designated area. Students had to show valid photo ID to prove that they were 19 years or older.

"The beer is great, the weather is great, good day for a party," said first-year nursing student Sheila Ahrens, who decided to stay in the shade and enjoy a drink.

Not only did the event provide the students with lunch and beverages, but it included entertainment. This year CSI decided instead of having a live band they would hire JamVan Inc., a company that has a travelling van that provides outdoor entertainment for different events. CSI president, Roxy Stanciu, said that CSI made the change for convenience and

because it avoided complicated setup and the danger of running electrical wires outside. "The reps from JamVan were all very interactive and entertaining, we were glad that we hired them for this event," she said.

After students enjoyed a bite to eat they could try their luck at the bull riding activity or the harnessed tug-of-war game. This activity tested the students' strength as they tried to make it to their post before their competitor could pull them away.

Joe Sciammarella, a first-year aviation student, said the activities were a lot of fun.

"I tried riding the bull. He's pretty tough to beat," he said.

Other students wandered around picking up their free 2007/2008 planners, while some looked through their free grab bags which included discount cards from Future Shop and the Stag Shop, chocolate bars and Fisherman's Friend cough drops.

Alliance Fitness, 91.5 the Beat, Rogers and Breakaway Tours all had booths on-site.

"Overall we were very pleased, quite a few students filled up the back area and there were no major issues," said Stanciu.

"Our event planner did an excellent job; we received a lot of great feedback."

## Students' dining options expanding

By HIEN DINH

Conestoga College students are finally getting their long-awaited bar and bistro along with many other new food services this year.

The relationship between Conestoga Student Inc. (CSI) and the college has taken a complete 360, said the president of CSI.

"We finally got a majority of the agreement signed and we're just working towards getting everything in there as quickly as possible so we can have it opened and fully functional," said Roxy Stanciu.

CSI had been feuding with the college for over a year on three main issues concerning the new bar and bistro: the alcohol policy, bar and bistro agreement and the retail space agreement.

"We're definitely working in a partnership with them (the college) now and we're definitely moving forward together," said Stanciu.

Conestoga College's vice-president of student affairs said they're not at the finish line yet but there's a much greater sense of optimism.

"Events will start to operate in the bistro and students will start to

feel like they're getting value," said Mike Dinning.

"The bistro is going to run like a regular restaurant. Food will be served and it will be run by Chartwells with a healthy initiative," said Stanciu. "The bottom floor is going to be used for the restaurant and the top floor is going to be like a lounge."

"We haven't fully set the alcohol hours yet but there will be alcohol served in the bar," she said.

Dinning said the bar will be operating on a special events basis to start.

"What we've agreed to do is to try to walk before we run," Dinning said, adding they want to "get it set up, get it running and do some special events while we discuss expanding the time usage."

Besides the bar and bistro, which will officially be known as the Sanctuary, there are other food options available to students although Conestoga's food service director says there are a lot of changes happening there as well.

"The Dooner's cafeteria (at the Doon campus) will not reopen," said Andy Staveley, adding it has been replaced with the Sanctuary's

dining area.

"The Dooner's area will be given back to the college and will be used for academic purposes," he said.

The main cafeteria is also undergoing changes which are about 85 per cent completed.

A major change in the cafeteria is replacing Harvey's with Coyote Jack's.

"It's a similar burger-based concept but the advantage of the change is that Coyote Jack's actually comes with a very strong breakfast offer," said Staveley. "That is something that Harvey's dropped 12 months ago."

Staveley said the main cafeteria has also been branded into two areas.

"One will be called Baja Flats (which serves wraps, salads, etc.)," said Staveley. "And next to that area, which used to be a deli bar, is being turned into Menutainment."

It's a fairly open concept that gives Chartwells flexibility to work with any kind of entree that they wish, said Staveley.

The deli bar has been relocated into the dining area so it becomes its own fundamental station, he added.

"There you can get your deli wraps, your deli sandwiches," he said. "You can always pick up drinks and salads there, and you will pay there directly."

The Sanctuary's dining area offers students new choices for coffee, smoothies and salads, said Staveley.

"Students will get the option of having a smoothie from a smoothie bar going in there which will operate early in the day," said Staveley.

"At lunch time, that area will convert over to a salad bar concept called Wild Greens which will allow students to have a freshly made salad," he added. "It's not a self-serve salad but you still have the choice of choosing your ingredients."

"Students will also get a different choice for coffee. We're bringing in a local company out of Guelph called Planet Bean."

Staveley said at some point there will also be a change to the furniture in the dining area.

"I think when that's completed, the impact from all the users will be a complete 'wow,'" he said. "It's going to look really great."



## Now deep thoughts ...with Conestoga College

Random questions answered by random students

*If you could choose a celebrity  
for a friend, who would you  
choose and why?*



"Anthony Hopkins,  
because he would  
scare away people who  
annoy me."

*Jnd Tofflemire,  
second-year  
electronics*

"George off Grey's  
Anatomy, his character  
seems genuine."

*Rebecca Palmer,  
second-year  
nursing*

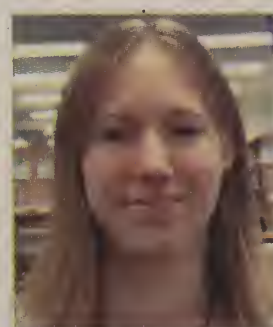


"Mike Myers because  
he just has the type of  
personality you want to  
hang around with and  
he's Canadian."

*Ashley Little,  
second-year  
practical nursing*

"Jessica Alba because  
she's hot."

*Greg Girling,  
second-year  
LASA*

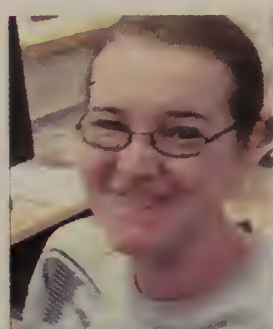


"Owen Wilson,  
because he looks like  
he needs a friend."

*Jennifer Alderdice,  
second-year  
electrical engineering*

"MacGyver, because  
he's awesome."

*Amber Phelan,  
second-year  
woodworking technician*



## Learning Commons offers new software, programs

By AARON O'CONNELL

They are beneficial, easy to use, accessible and are at Conestoga College this year.

Three new software programs are being made available by the Learning Commons to help students with organization and planning skills.

They are also providing a new service this year called I Can where students volunteer to assist other students with technical disabilities.

"The new software programs help you recognize your learning skills and essentially, improve on them," I Can employee Marcin Czajkowski said.

One of the editions is Kurzweil 3000, which benefits anyone with visual disabilities by recording text on a computer so you can listen to it on an audio file later.

Another is Dragon Naturally Speaking, which has a microphone that helps students who have trouble using a mouse or keyboard.

"When you speak into the microphone the words record into the computer and show up on your screen," said Czajkowski.

The last new program is called



(Photo by Aaron O'Connell)

A staff member works with a student in the adaptive technologies lab in the Learning Commons.

Inspiration, which can be used as an organizing tool for planning and studying purposes.

"It's good to have something to help us plan or work," a Conestoga student said. "And it's really easy to use."

The I Can service and the new

software is located in the adaptive technology lab in Room 2A107 and is open from 8:30 a.m. to 5:30 p.m. Monday to Friday as well as 10 a.m. to 3 p.m. on Saturday.

Room 2A103 also has the new software and is available to all Conestoga students.



(Photo by Jenn Sprach)

### Pond Party perfumes

Vijay Mittal assists students flocking to the Perfume Gallery booth at the Sept. 6 Pond Party. Mittal said students received a discount of 50 to 80 per cent. For more Pond Party photos see Pages 10 and 11.

### COUNSELLOR'S CORNER: Loneliness

Many of you are here from out of town; some are living away from home for the first time. What a change! There's no one to report to about what you are doing and when. Curfew - what's a curfew? There is also no one to ask, "How was your day?" "What time would you like to have dinner?" and to say "I love you."

The excitement of new freedom and opportunity may be tempered by homesickness - missing your family, friends and community. Slowly, you'll get to know some of your classmates, faculty, roommates and other peers. Perhaps you'll get involved in intramural activities at the Recreation Centre and clubs and events through the student government. Read *Spoke*, your school newspaper, and visit Student Life to familiarize yourself with happenings on campus.

You can meet with a counsellor in Counselling Services to talk about adjusting to your environment and to do some problem solving about getting involved in your college and your new community.

*A Message from Counselling Services, 1A103.*



# CSI's new general manager 'a leader, a mentor'

By **LEANNE MOUNTFORD**

Conestoga Students Inc. (CSI) is thrilled to have Christopher Graves as their new GM.

Roxy Stanciu, president of CSI, said she thought Graves was an excellent candidate from the day he walked in.

"He's an extremely intelligent man, very well-rounded, I believe, and has been a great asset to us so far," she said.

"He is exactly what we were looking for in a GM, in terms of instead of making us think his way or forcing us a certain way, he delivers the options. He's a leader, a mentor; he doesn't control or direct you in a direction he feels is best."

Graves came to Conestoga May 1 after being director of development for the kidsLINK foundation in St. Agatha. Before applying for the general manager position, Graves talked to different people in the community and decided the job would offer some great opportunities and challenges. He decided Conestoga was a place he wanted to make a destination.

"My life can be summed up as golf and coffee and working and so what sealed the deal for me coming here was the fact that Tim Hortons was across the hall," he joked.

Graves said from day one it has been fantastic, and not just on the CSI side.

"John Tibbits (president of Conestoga) has been extraordinarily kind and very accessible," he said.

Every single person he's crossed paths with universally has been nothing but very positive, encouraging and a lot of fun.

"My number 1 personal goal is that I want to build and be a part of a great community. CSI is the best of all worlds, because we're part of Conestoga which is a fantastic community, and Conestoga in turn is part of Waterloo Region which is also a great community," he said.

Graves, who graduated from Trent University as an English and history major, has worked in legal publishing as an editor and in the development world over the years. He said this job is a great opportunity to use his skill set to help CSI accomplish its goals. He hopes to help continue to build a great community in terms of relationships and strengths in serving students.

"Hopefully, that will continue for a long time," he said.

Graves said from a staff perspective, it's his job to keep CSI, the corporation, legal and safe.

He wants to be accountable and create a culture where people are able to be successful and significant. He also wants to make sure the CSI board of directors has all the information they need and when they need it to be a great CSI board and a great team who effectively represent students.

From a corporate stance, Graves wants to make sure the CSI office and operations staff have the tools and resources needed and the information available so they can deliver



(Photo by Leanne Mountford)

The new general manager of CSI, Christopher Graves, wants to help build a great community.

er the value added services to students that they are offering.

He said at the end of the day he wants to be certain that CSI is maximizing every dollar that each student contributes to CSI.

Outside of work, Graves is involved as a volunteer in hockey and youth development.

"Other than that, I just divide my time between running around after my kids and being (at work)," he

said.

Graves has four children aged six to 14. He said they think Conestoga and CSI is his coolest job. He said they like the setting and hearing about the cool events and fun stuff that happens at the college.

"They think I'm in school every day too," he said.

Graves, who wants people to know his office door is always open, said the fun part of his job is

helping find cool solutions to people's needs.

Stanciu said she thinks Graves is an amazing gentleman and is very excited to be working with him.

"It's been great thus far," she said, adding there have been a lot of changes and many are accredited to him. She said she's excited to see where they go.

"I think he has a great future here at Conestoga with CSI."

## Construction beginning on masonry building

*The exhibition and lecture hall will incorporate some basic math principles in its design*

By **JOHN LINLEY**

The masonry trade has recently taken some important steps in attracting young and talented apprentices.

Conestoga College is working with the Ontario Masonry Training Council (OMTC) and The Walter Fedy Partnership on the construction of a new masonry training centre at Conestoga's Waterloo campus.

Greg White, chair of the trades and apprenticeship programs, says

the idea came from a discussion between the college and the OMTC about the shortage of tradespeople, especially in masonry, and how the college can help.

"They actually came to us and said they would like to work together on the construction of a masonry training centre," he says. "Of all the areas in the province, they were most impressed with Conestoga and how committed we are to the trades."

The most interesting part of the new building will be the exhibition

and lecture hall area which will use some of the basic math principles of the original masons in its design.

It will use the idea of the "golden ratio" which "defines the underlying order found throughout the world in both natural and man-made structures" and can be seen everywhere from the pyramids and Stonehenge to seashells and flower petals.

The front foyer will also have sections made entirely of glass so natural light can flow into the shop area, which can be seen from outside and will have the design principle of the "golden ratio" etched into the floor.

The facility itself will also be used as a learning tool, as many of the structure and construction

methods will be exposed, revealing how they work.

The 900-square-metre facility will include a training shop, mixing stations, classrooms, outdoor work areas, break areas and change rooms, as well as the exhibition, lecture and administration areas.

The innovative building will not follow the design plan of a regular college building in an attempt to inspire tradespeople, both new and old.

"They will have a place where they can gather and talk about masonry," says White. "It's not just apprenticeship training, it's a working building that will be utilized to demonstrate and teach architects and engineers, people involved with design."

Support for the project has been strong, with many companies releasing their apprentices to work on the site.

White believes existing masons are eager to be a part of construction because the unique methods make it an impressive structure to work on, and because it will be huge for the masonry trade in raising the profile.

Dick Kappeler, a former mason, will be coming out of retirement to serve as the project manager.

There is even more support coming from the OMCA which, along with its partners, is donating a lot of the supplies and materials which the college could not afford on its own.

Along with the traditional block apprenticeships, the school will eventually offer pre-apprenticeship programs so that the students can enter the trade with a lot more background, and be better prepared.

The current timeline for construction is for partial occupancy in January if the shop area is ready for it, and more students coming in when the building is finished in the spring.

White says it is an optimistic timeline, but hopes they can follow it as the building was needed four years ago.

"The masonry trade is changing, a lot of the beautiful buildings in Canada need restoring, and good masons will be needed to maintain our heritage."



(Illustration courtesy of Walter Fedy Partnership)

The new masonry training centre at Conestoga's Waterloo campus, shown in this illustration, is expected to partially open in January.



# Dealing with start-up stress

*College services help alleviate the anxiety*

The start of a new school year almost always breeds excitement. The adrenaline rises as students contemplate the fresh start and impending challenges before them. Unfortunately, any excitement is almost instantly overshadowed by the many potential inconveniences that come with the opening week – and even month – of the new school year.

Here at Conestoga College, students are familiar with long lineups for books, parking passes, OSAP and coffee. In addition, there are the inevitable construction and last-minute timetable changes that come as the college attempts to maximize its space and time.

For returning students, these things can be aggravating and stressful. For new students, it's additional stress piled on to that which already exists from adjusting to a new school and possibly a new city.

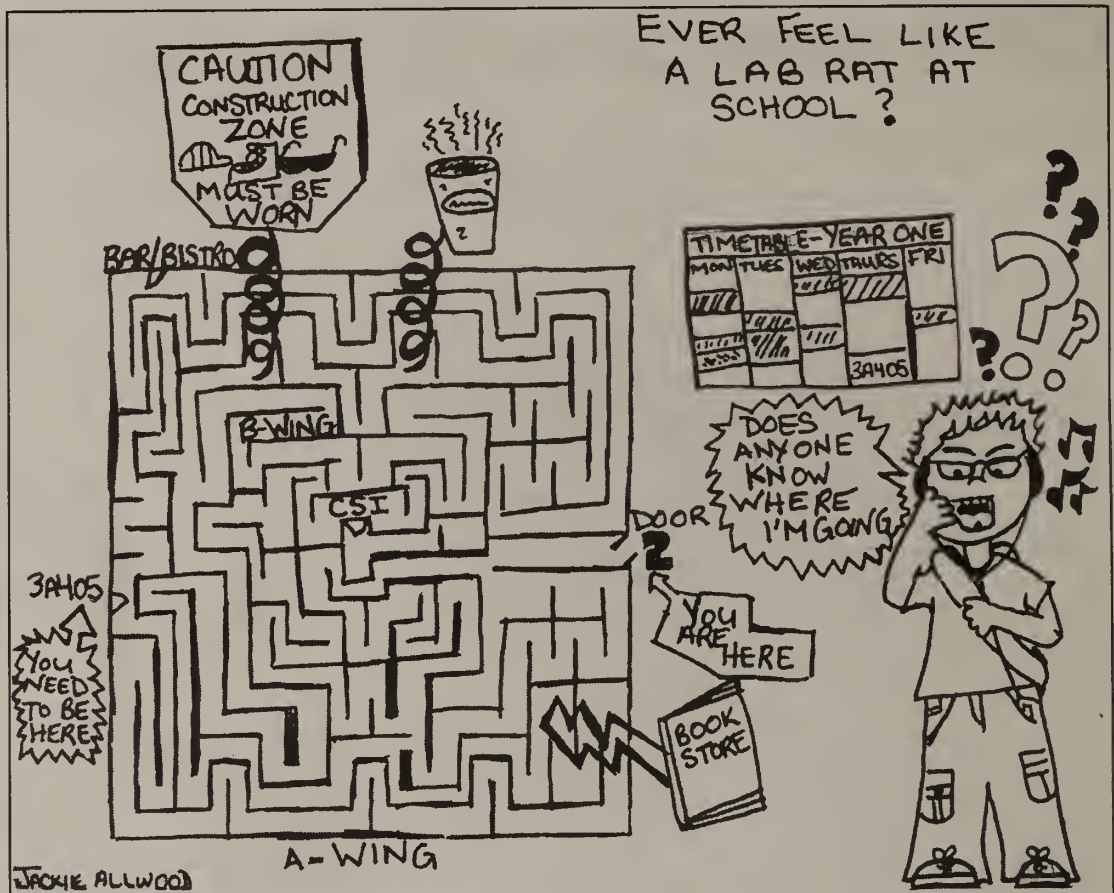
The most important thing to realize in times like these is that inconvenience and lineups should not be confused with inefficiency. When dealing with certain services, it is impossible to serve everyone at once. Although there is always room for small improvements, the college manages to do a good job overall. Short of offering free parking, building a bigger bookstore or students no longer wanting coffee, there are no immediate improvements that are being ignored.

The college does take steps to help alleviate wait times and hassles during orientation week. Students have the option of ordering parking passes and books online. Lineups for online order pickups are much shorter and more convenient. Timetables are available online as well, so students can log on at any time to check for last-minute changes.

There are also many services available to help students deal with any stresses during the first week, as well as throughout the year. Health services, located in Room 1A102, has physicians available at various times to assist with any health concerns, as well as chiropractic care, which helps students relieve stress and stay relaxed. Counselling services, located in the new Student Life Centre, offers students assistance in dealing with hectic times, as well as any advice that is needed regarding classes, career paths or life in general. These services are free and should be taken advantage of by all students should the need arise. The first couple of weeks are crazy for everyone, so no one should feel like they have to go it alone.

The best thing for students to do is accept that these early inconveniences are necessary in order to ensure that the rest of the year runs in a smooth and organized fashion. The keys to making it through these times are rest, smart time management to allow for everything to be taken care of, and a constant self-reminder that the best is yet – and soon – to come.

Keys to making it through include rest and smart time management.



Feeling at a navigational loss? Don't hesitate to ask for help.

## Second year has own stresses

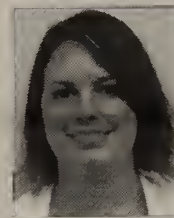
When I first started college my palms were sweaty, I had a pit in the bottom of my stomach and it felt like my knees were going to buckle.

What a difference a year makes. This year I returned for my second year unexcited and with no nervousness, partly because I know what I have gotten myself into.

At first the very idea of going away to college, finally throwing away all the math and science I ever learned in high school and being on my own was a blissful thought. But sadly the reality of the situation has kicked in for the second time.

I really think that every first-year student feels the same kind of anxiety I felt in the first few weeks of school and when the reality of the whole situation finally sinks in you either have to rise above it or allow it to swallow you up.

Fortunately I rose above the feeling and fought my way through the crowded halls, met friends and lasted all the way through the three-



Kerry Reed

*Opinion*

hour classes.

This year it is almost hard to have any joyous thoughts about returning to college. I know my way around the school and I have made my friends. Most importantly, I know a scheduled three-hour class does not always last three hours.

Being a second-year student really means I am a step closer to graduation and being a part of the real world. It is a scary thought. At least when I was in my first year of college my biggest worry seemed to be if my fake ID would get cut up outside a bar.

Now the thought of graduation is weighing down on me and I am dreading all the work that has to be

done to get me to that point.

I wish I could just enjoy college but I cannot help but worry. Once you start college or university you are leaving your childhood behind and taking the first step into adulthood. To me that is enough to scare anyone silly.

I feel I am growing up way too fast and I really should only be thinking a week in advance to when my next visit to the bar is going to be or what party I want to attend the following weekend.

All the college years are really similar in many ways. You are looking forward but dreading different things. The one similarity that seems to stay the same throughout the years of post-secondary school is the unknown and what it's going to bring your way.

College may only happen once and for me it is coming to an end in eight short months. I have decided to really enjoy everything about it while it lasts because I know it is not going to last forever.

### Letters are welcome



**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

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# Bookstore has something for everyone

By JACKIE ALLWOOD

If you need a textbook or if your pen dies in the middle of class the bookstore is the place to go.

However, Conestoga's Doon campus bookstore has much more than just program necessities.

Every February bookstore staff attend a trade show and preview the year's hot school items.

"We try and order the items and pass along the savings that we realize at the trade show," says Mary Andraza, manager of retail operations.

This year the bookstore is offering new items such as fun margarita mix gift bottles and comfortable pyjama pants as well as some new services such as textbook buy-backs.

It also has a new security system.

Andraza says retail stores have something called shrinkage which refers to inventory that is received and then disappears.

"We are not sure how extensive the shrinkage is," says Andraza. "It (the new security system) will certainly deter people."

Another new offering will help students who are away from home and suffering from separation anxiety.

Long-distance calling cards and cellphone cards are now available for anyone who needs to hear a comforting voice or just a quick top up.

Students might also want to check out discounted hoodies and T-shirts that have the college name on them.

Some of the apparel have program names on them but don't worry if you don't see yours.

Starting next week bookstore staff will be sending an e-mail out to program co-ordinators that includes information on how to get your own sweater.

The bookstore is also currently exploring a line of wear for teachers who like the school-crested clothing but would like something a little more professional.

For students who want to get some extra cash the bookstore has started a buyback system.

A list will be put on the bookstore's website (<http://conestoga.bookware3000.ca>) where you can register your textbooks as available for buyback.

"If at such a time we identify their textbook needs to be bought back they will get an e-mail notification," says Andraza.

She says you can punch in your



(Photo by Jackie Allwood)

Sheena Sahadat and Roxy Tiron, both first-year marketing students, look at pyjamas that are available at the bookstore.

10- or 13-digit code on the back of your textbook on the website and find out if your book is on the list for buyback.

If it is students can bring it in to the cash register and receive cash.

Currently the bookstore's list is small because they have stocked up for the fall semester.

"We will be definitely buying back for our winter semester towards late

October," says Andraza.

If you need a special textbook or are living in the area and are taking an Ontario Learn course you can order a book and pick it up at the bookstore.

Or, if you waited too long to buy your textbook and it is sold out or you would like to use the optional resources for your course, don't worry, the bookstore can get it for

you by special order.

"Sometimes we realize we sell out by the end of September and, if no one asks for it we are not necessarily going to reorder it," says Andraza.

"We might get a student who comes the week before exams or two weeks before, saying I didn't buy the book and I need it now so we will special order it for them."

## Instant messaging comes to the LRC

By ELIZABETH BATE

While students were getting a much-needed break this summer, the staff at Conestoga College's Learning Resource Centre were experiencing a new way to communicate.

Students can now access a librarian through instant messaging. For many of the staff at the LRC, the training for the new program was the first time they had used an instant messaging system.

"We can even IM each other at the desks."

*Susan Lee,  
library technician*

While staff like the idea of offering help in as many ways as possible, for some, the new program seems a little intimidating.

"I think some of them are still getting used to it," says Jen Cyr, the library technician who proposed the tool be used at LRC after seeing it used at other institutions.

"It just gives students another option," Cyr says. She hopes the tool will be especially useful for continuing education and distance education students.

Students can add the LRC to their buddy lists on Gtalk, MSN, Yahoo!, or AOL instant messaging programs, but an instant messaging account isn't needed to use the feature.

Students can access a librarian through the chat box provided on the LRC website at <http://www.conestogac.on.ca/lrc/>.

While some students seemed unlikely to use the feature, others saw potential in the idea.

"I think it would be helpful," says Kate Shultz, a level-two BSCN nursing student, "especially from home."

The program is only offered Monday to Friday during regular LRC hours for now, but Linda Schneider, manager of the LRC, isn't ruling out extending the hours in the future.

Instant messaging isn't the only new thing at LRC this semester. The library has received 20 new computers for student use, six of which are Macs.

Most of these are available as open access computers for students to do homework or research assignments on.

Schneider says the Macs are being provided to accommodate students who use them on a regular basis, or to give students who have never used a Mac a new experience.


In addition to the new desktop units, LRC has four new laptops available for loan.

These units will be given to students for up to three hours at a time, for use inside the library. The LRC hopes that students who need a computer for group work will take advantage of this service.

While the LRC is gearing up for the new semester, the staff there are still having fun learning the new features.

"We can even IM each other at the desks," says library technician Susan Lee.

For more information students can check out the LRC website or go into the library.



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FOR FALL 2007

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##### Duties:

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- Responsible for mixing and serving beverages
- Responsible for monitoring patron's level of intoxication
- Reserve the right to refuse anyone service.
- Will be responsible for handling cash for the duration of the event.
- Responsible for inventory control before, during and after the event.

##### Requirements:

- Must be enrolled in a full-time program
- Previous bar experience an asset
- Excellent customer service skills
- Must be familiar with working in a busy environment
- Smart Serve Certification

Hours: Vary during the school year depending on events schedule

Rate of Pay: \$9.29/hour.

#### SECURITY/EVENT STAFF

CSI is hiring for fall 2007. We are currently looking for part time security staff to work during our events and pub nights.

##### Duties Include:

- Security/Event Staff will patrol the event ensuring the safety of both staff and guests.
- Will be responsible for checking identification for patrons entering the event
- Prevent the entry of any intoxicated person.
- Remove any person who is disruptive or performing any illegal activity.
- Ensure safety of all patrons during the event
- General cleaning of the bar after the event.

##### Requirements:

- Must be enrolled in a full-time program
- Excellent customer service skills
- Must be familiar with working in a busy environment
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Hours: Vary depending on events schedule

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September 1st on the CSI website  
Simply visit our website at  
[www.conestogastudents.com](http://www.conestogastudents.com)  
and click the OPT OUT link and  
complete the simple steps

#### The deadline to

OPT OUT is September 28<sup>th</sup> at 2:00 pm

No exceptions or extensions will be given

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# Get ready to vote

By **CHARLOTTE PRONG  
PARKHILL**

If you don't vote, you can't complain.

That's the old adage about elections.

"I think it's important for young people to vote," said Tyrone Tavares, 19, a first-year student at Conestoga College who plans to vote in the Oct. 10 provincial election.

"We're the next generation that's coming up, and we want to do what we can to make our province a better place to live," he said. "But our ideas compared to our parents' ideas, and their generation, are much different. So it's important for us to do some type of research and understand what's going on."

Tavares, who voted for the first time in last year's municipal election, plans to pay close attention to television news and newspapers as well as advertising to help him make his decision prior to this election.

Conestoga student Spencer Jackson, 19, voted in the last federal election and relies on a different source for most of his political information. "Family influence," he said. "I think it runs in the family most of the time."

Spencer Wilton, a 20-year-old Conestoga student, disagrees. He lives with his parents in Waterloo

and voted in last year's municipal election without talking to them about the candidates. "I went largely from the advertising the candidates had put about," he said. "In a municipal election, it's a lot of signage and things like that. Obviously it's not the best way to get informed."

Wilton hopes to vote in the provincial election, but will only do so if he feels he is well informed about the issues.

Figures are elusive, but turnout among voters aged 18 to 21 may be increasing. According to Elections Canada, 25 per cent of young voters came out to the polls in 2000, but at the 2004 federal election, 38 per cent turned out. That's still lower than the total voter turnout of 60 per cent.

Elections Ontario does not have figures available by age, but in the 2003 provincial election, there was a 56 per cent turnout.

Conestoga professor Michael Dale of the School of Liberal and Media Studies thinks everyone should vote. "It's a civic duty."

He said students need to think about the issues that affect them most, such as health care, licensing and particularly, education.

"The reason you're paying the tuition you have today is because you don't vote," he said. "If the political parties knew that 80 per cent (of students) were going out to vote every election, you'd be pay-

ing less than half the tuition you are today. If young voters were voting, political parties would take care of them."

And while Dale said some students are apathetic, he feels the candidates themselves are partially to blame. "What's to get excited about? When we go to the polls this fall, we really are choosing between Coke, Pepsi or Royal Crown cola," he said. "But there ain't no ginger ale on the ticket."

Candidates who use cute ads and cartoons on the Internet may only bring in a handful of student votes, said Dale. He adds that there was a spike among young voters when Pierre Trudeau ran for prime minister. "There used to be people in politics that could stand up and mesmerize a crowd," he said.

People here may be more placid than in Europe, where 85 per cent of voters turned out for France's recent national election. Dale attributes this to the fact that people in Europe may have more understanding of how easily a democracy can be stripped away. "There's an old saying. Don't worry about your rights. If you ignore them, they'll go away," he said.

Tavares blames the indecision he feels on a lack of trust. "I find that different governments agree with different things. Sometimes things are not done either way, no matter who's in government."

## PROVINCIAL ELECTION 2007

Wednesday, Oct. 10.  
Polls are open 9 a.m. – 9 p.m.  
Not sure if you're registered to vote?  
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Don't know the candidates?  
Go to [www.electionsonario.ca](http://www.electionsonario.ca)

for more info. Click on Youth.  
Click on Post-secondary  
Student FAQs.  
There will be a voter registration drive on campus Sept. 17 and 18.  
Bring ID.



(Photo by Charlotte Prong Parkhill)

### Checking for vital signs

Tiffany Peterson does an abdominal assessment and Debbie Santos checks the blood pressure of a mannequin in the nursing lab. The lifelike mannequins have an actual heartbeat and can simulate breathing and abdominal activity.

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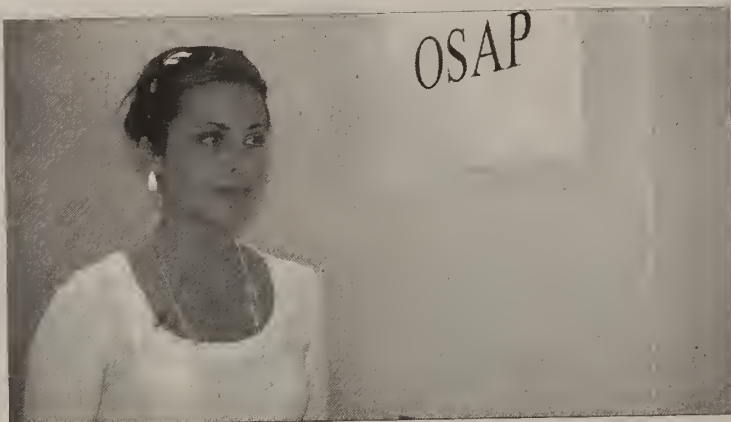
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Jenny Watson, a business foundations student, walks by the Ontario Students Assistance Plan office. For OSAP students the government covers the interest while the student is in school. In a personal line of credit students are responsible for accumulated interest.

(Photo by Franca Maio)



## Pay for school with a personal line of credit or OSAP

By FRANCA MAIO

The Ontario Student Assistance Plan (OSAP) is not the only option for assistance to pay for post-secondary school.

A student line of credit, which is a type of loan you can apply for at a bank, could be another way of paying for tuition and books.

The bank will assess your financial history and may ask for a co-signer for the line of credit, said a financial service representative who did not want her name used.

However, just because you get a co-signer does not mean you will receive the line of credit.

The co-signer must also pass a credit check before the line of credit is approved by the bank, said the representative.

"The student still has to qualify on a debt and credit check," she said.

According to various Canadian bank websites, a student must pay the interest on the amount of money they have used from their line of credit, and are required to pay the loan back after graduation within one year.

OSAP also helps students pay for tuition and books during their post-secondary education.

According to the OSAP website ([www.osap.gov.on.ca](http://www.osap.gov.on.ca)), they do not require a student to pay back their loan while in school.

"With OSAP the interest on the loan is covered by the government while the student is in school," said Paul Matresky, Conestoga College's manager of financial aid and the student awards office.

He said OSAP gives students six months interest free after school finishes to begin paying their loan. This also applies to students who stop attending school.

The interest starts at the beginning of the seventh month, according to the website.

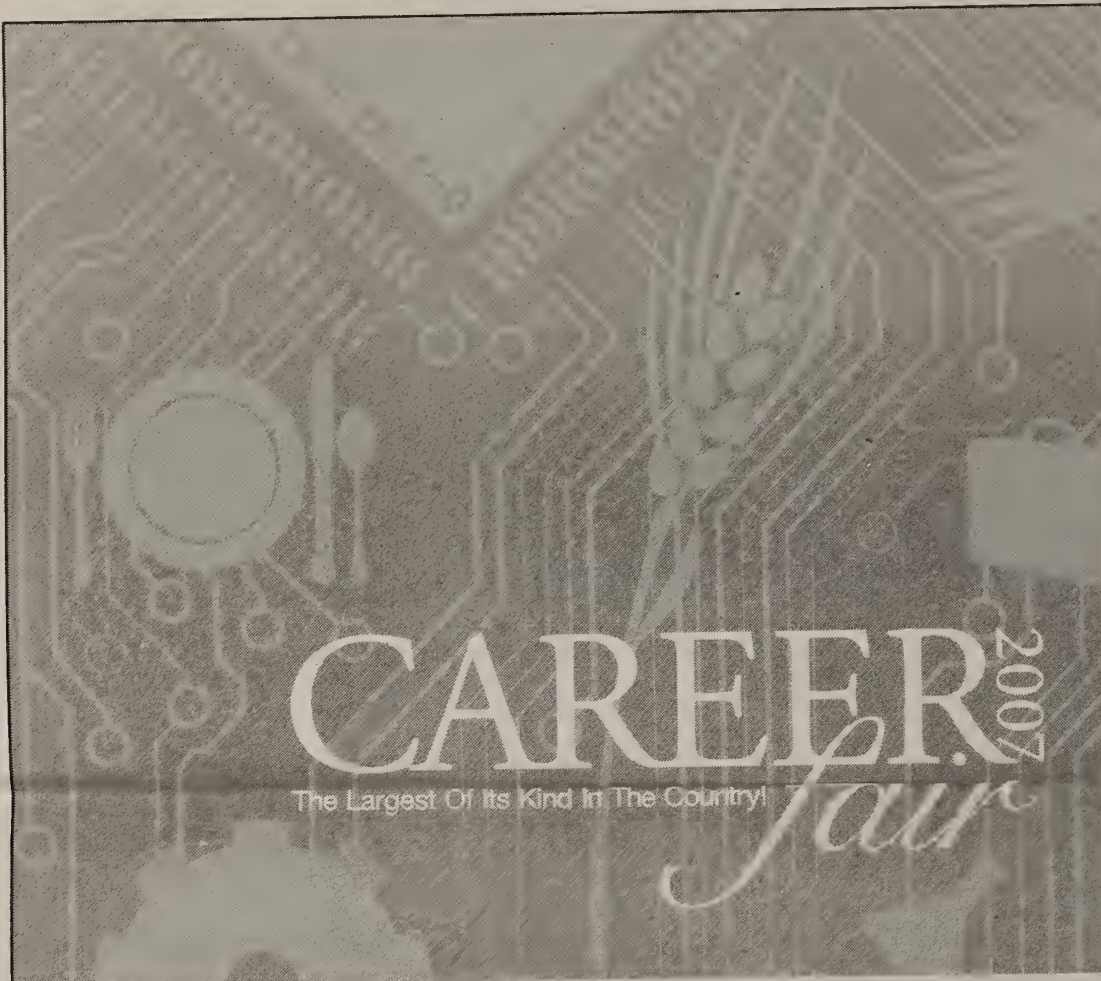
**Students have up to 10 years to repay their OSAP loans.**

Matresky said OSAP gives students up to 10 years to repay their loan.

If they are unable to pay within the 10 years, there is a program set up to help them which they can access by contacting the National Student Loan Centre (NSLC).

According to the OSAP website, if a student is unable to repay their loan within nine and a half years, the student should contact the NSLC and they will assess the situation.

The National Student Loan Centre can extend the re-payment period to 15 years.



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(Photo by Kerry Reed)

### Nose to the grindstone

Christine Threndyle, a second-year financial planning student, studies in the cafeteria before her classes start.



# Walk funds Parkinson research and services

By HOLLY FEATHERSTONE

A sense of isolation is typical among those affected with Parkinson's disease when patient services aren't available, but this year's annual SuperWalk for Parkinson's, organized by Parkinson Society Canada, helps participants "mobilize" their concern and support for Parkinson research and aid initiatives.

The SuperWalk, to be held at various locations across Canada, includes walks in Kitchener and Stratford on Sept. 29 and Brantford, Chatham, Kincardine, London, Sarnia and Windsor on Sept. 30, all part of the southwestern Ontario "leg" of the nationwide event. This year's proceeds will be directly funneled into Parkinson's curative research and — as a new and ever-imperative endeavour this year — service and support programs. Last year \$227,000 was raised in southwestern Ontario.

Sufferers of the disease, which has progressively debilitating symptoms, often succumb to bouts of depression and forlornness when local treatment and caregiver service programs aren't readily accessible, according to [www.hopefor-parkinsons.org](http://www.hopefor-parkinsons.org). Parkinson's toll on physical motor capabilities merely exacerbates this problem.

Norma Sapsworth, treasurer and facilitator for the Kitchener Parkinson's support group, said she can attest to a lack of public awareness regarding services for those personally affected.

"The information isn't out there as much as (we) would like (it) to be."

Sapsworth, whose husband has lived with Parkinson's for 20 years and must use a wheelchair for mobility purposes to accommodate symptoms of muscular rigidity, said though it is difficult adjusting to the progressive symptom changes she witnesses her husband enduring, they realize it is merely a matter of taking extra care and caution in everyday activities.

"We've been really lucky that (his symptoms) have progressed slowly," she said.

Parkinson's, a neurological and physically degenerative disease with no definitive cause or cure, is characterized by a deficiency in the transmission of dopamine, a chemical hormone responsible for the regulation of muscle movement and co-ordination. Symptoms include fatigue as well as muscular tremors and rigidity. Though symptoms vary, all cases increase in severity as time elapses. Those diagnosed are typically over 40 years old, though the age of onset is dropping to the 20s and 30s.

Sapsworth said young people tend to perceive Parkinson's as a disease of the elderly and are therefore unable to see how contributing toward Parkinson's efforts and awareness will benefit them.

"You don't know if you'll need (aid for Parkinson's) down the road," she said. "We've had people (diagnosed) as young as 28 in our (Kitchener Parkinson's support) group."

The locally-based support group provides a means for both caregivers and those affected with the

disease to discuss and exchange ideas regarding the efficiency of local programs as well as those areas seeking improvements. Sapsworth said a forum discussing the newly integrated Parkinson's education program, which teaches caregivers in local clinical settings the proper administration of Parkinson's treatments, is anticipated this month.

Sapsworth said in the meantime she is looking forward to seeing a bustle of support at the SuperWalk in defiance of the seemingly quiet nature of the disease.

Sapsworth, who will oversee the tulip bulb campaign table at the walk in Kitchener's Victoria Park, said her husband's condition has renewed her appreciation for life.

"I think it'd have to be patience," she said, in response to a question asking her what valuable lesson Parkinson's has taught her.

Andre Motuzas, co-ordinator of fund development for Parkinson Society Canada, said Kitchener's walk raises a significant portion of the overall southwestern Ontario proceeds, claiming participants take pride in donating toward research.

**"Usually people support a cause like this because of a personal connection (with someone) who has Parkinson's."**

*Andre Motuzas,  
co-ordinator of fund  
development*

"We've always used this event as a springboard for research," he said.

With this year's addition of funds being allocated to improving national clinical programs, Motuzas said he is confident the turnout will surpass that of last year's.

Though encouraging students to participate is always a challenge since they aren't typically diagnosed, a surprising number have volunteered in previous years.

"Usually, people support a cause like this because of a personal connection (with someone) who has Parkinson's," he said. "When there is that connection, younger people offer an incredible amount of support."

Motuzas said that despite most students' inability to provide monetary contributions, young supporters have a vibrancy and energy that pervades the event.

"(Students) may not be able to give money due to their present sit-

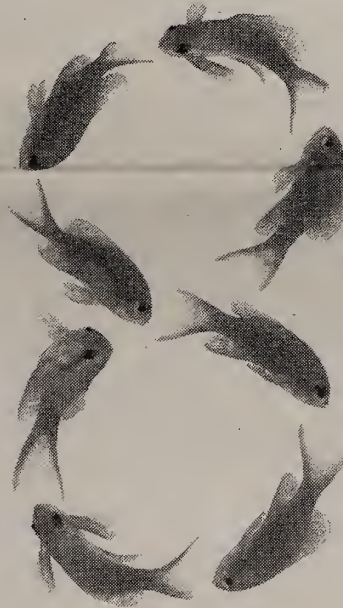
uations, but they have a wellspring of energy that those personally affected with the disease are unable to offer."

Motuzas, who has participated in the walk for six years, said what he enjoys most about the annual event are the teams supporting diagnosed family members as well as taking a moment to savour his surroundings.

"At the walks I always try to pause at least once and look around," he said. "To see ... everyone together to recognize our community of people affected by Parkinson's, always makes me feel like all the hard work was worth it."

The Kitchener SuperWalk for Parkinson's will be held Saturday, Sept. 29 at Victoria Park with registration beginning at 10 a.m. To offer your support, contact the Parkinson Society Canada at 1-888-851-7376 or visit [www.superwalk.com](http://www.superwalk.com).

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# Students break a sweat



(Photo by Leanne Mountford)

First-year marketing co-op student, Amanda Black, above, tugs against her opponent to get a ball in a hoop at the CSI's Pond Party Sept. 6.

Below, Jessica Larae, a first-year marketing student, struggles to beat her friend at a tug-of-war game.



(Photo by Sarah Jaynes)



(Photo by Sarah Jaynes)

Bonnie Humphreys, left, and Janie Renwick, CSI staff, slave over the hot grill to distribute hamburgers and hotdogs to students.

date

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place

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last day

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# at the CSI **POND PARTY!**



(Photo by Sarah Jaynes)

Kelsey Romitz, left to right, Trichia Hyde and Jess Culligan enjoy a bite to eat at this year's Pond Party.



(Photo by Leanne Mountford)

The crowds hang around enjoying the warm weather and free food.



(Photo by Leanne Mountford)

Marko Pitimo, from JamVan Inc., which provided the music at the event, shows off some of his moves.

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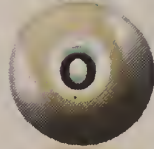
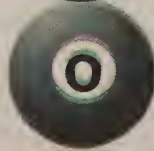
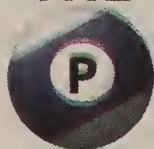
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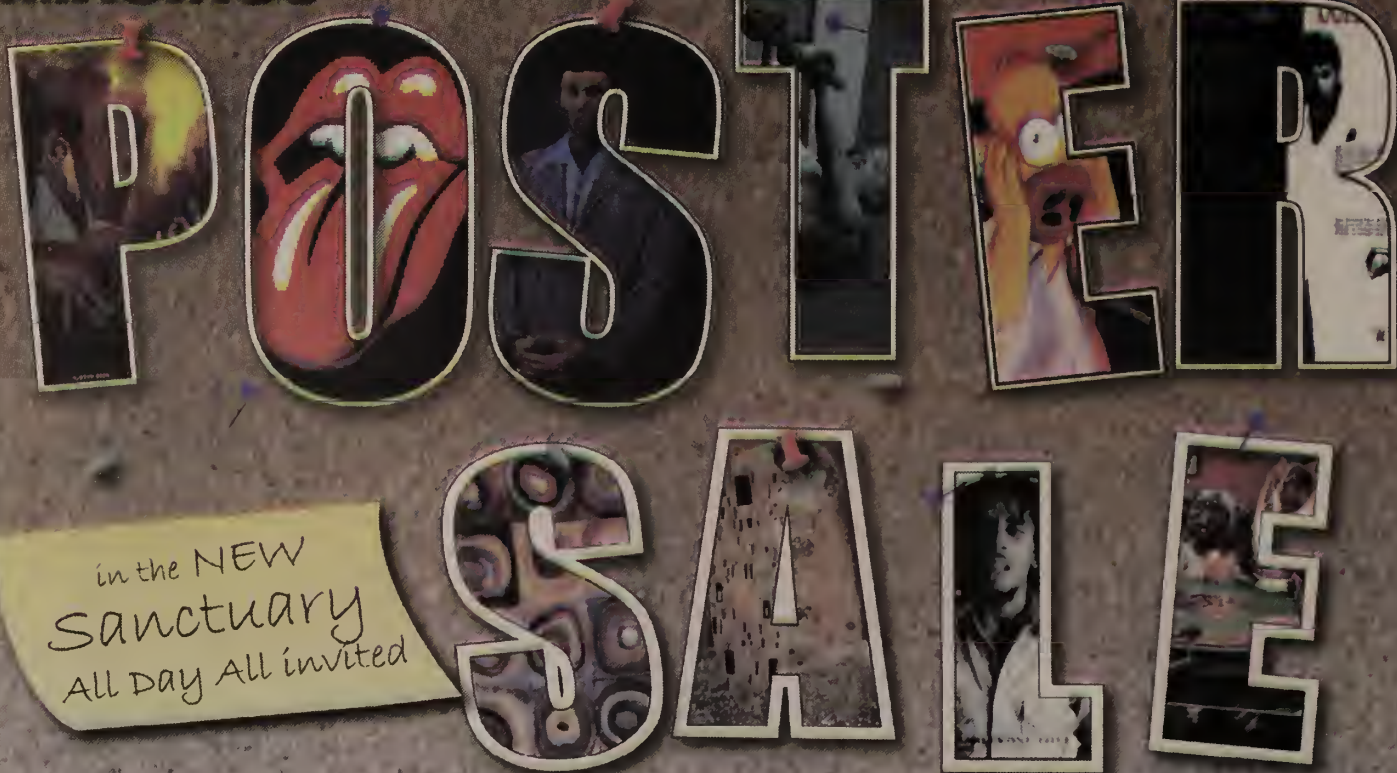
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# Early childhood education students bring fresh outlook

By JENNIFER MARKO

When you think of the early childhood education program, better known on campus as ECE, do you think of students sitting in class learning from a textbook? If so, you are only half right.

The students enrolled in ECE do spend their first semester in class with their textbooks and notebooks in front of them. But they get a lot of experience working with children in their second semester.

"In their first semester the students are mainly observing," said Lisa Horst, the supervisor of Conestoga's Doon campus

Child Care Centre. "They observe one day a week in the centre to watch the interactions between the kids."

While the students are completing their first semester, the staff at the centre take care of entertaining the children. They make sure the kids have a balance of indoor and outdoor activity, which is provided daily, and two snacks and a nutritious lunch for which menus are provided. They also provide rest and sleep times.

Currently there are 67 kids who attend the centre with enough staff to comply with the Day Nurseries Act (DNA), which outlines the

provincial requirements for running a day care. The kids are split into several categories: infants, toddlers, preschool, JK/SK, school age a.m. and school age p.m. The staff to child ratio stays at one adult, but the number of children varies.

Horst said the children like having the extra adults around. She said the students bring a fresh outlook.

"They can practise their skills and it is new and exciting."

The parents also seem to enjoy having the students looking after their children. The parents understand the centre has to

meet certain legal requirements with their staff and they explain to the parents that the centre is a teaching facility.

"The parents are glad to see it," said Horst.

Students in the ECE program do not get to plan activities with the kids until their second, third and fourth semesters. But that does not mean they do not have any experience when they walk into the centre.

First-year student Candace Leis does not have any experience in a day-care centre but she has been a babysitter and has looked after kids from ages four to 12. Those also

"I love kids. I'm looking forward to my placement the most."

*Candace Leis,  
first-year ECE*



(Photo by Jennifer Marko)

First-year ECE student, Candace Leis, is looking forward to setting aside her textbooks and interacting with the children in the Doon campus Child Care Centre.

include her many cousins. Her experience was not the only factor in her decision to enrol in the ECE program.

"I love kids," said Leis.

There is one specific child, however, that made her decision a lot easier. Leis has an autistic cousin.

"He's a handful but he's a lot of fun," she said.

Being in a program that results in students having such great respon-

sibility can have its ups and its downs. However, Leis seems to see only the good things about her program and is excited about what is to come. She could not come up with anything she is not looking forward to.

"I'm looking forward to my placement the most," said Leis, "but I haven't started it."

She said she does not yet know what kinds of activities she will plan for the kids once she is in her

placement. She said her teachers have shown the students what kinds of activities they can do, through the use of their textbooks.

The program runs for two years and after that there is the option to attend university to learn more.

For now Leis is thinking only of the present and does not know what she is going to do after her time at Conestoga is complete.

"Teaching might be fun," she said.



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# Living away from home an adjustment

By MARCIA LOVE

With the beginning of the fall semester at Conestoga comes many students who are new to the college scene.

For some of them this may be their first time living away from home — a time that has been long awaited. It's a time not to worry about doing the dishes until there are no clean plates left, to let the garbage pile up until the smell becomes unbearable and to use the bedroom floor as a closet.

For some first-year students, living away from family and friends can be difficult to adjust to.

Conestoga Residence life co-ordinator, Ryan Connell, said it is important for students living on their own to still feel grounded at home.

"Don't be afraid to make those calls," Connell said. "A lot of people think a great way to cure homesickness is to not talk to people back home, and it's quite the opposite. They should kind of build them into their new routine ... and still stay connected."

Jamie Vivian, a first-year woodworking student living in rez, doesn't find living on his own to be too difficult yet.

"I'm pretty good right now," he said. "I'm just starting to get used to it, but it's not much different than at home."

However, he said he didn't find it easy to

adjust to living in residence.

"In a day or so I was alright," Vivian said. "It was just kind of weird on the first day moving in."

He said he hopes his experience in residence will prepare him for life outside of school.

"I want to be able to live on my own better and be able to cook better."

Tasks such as grocery shopping, preparing meals, doing laundry and cleaning are common challenges students living on their own must face.

Connell said these students soon realize they are the ones who have to do the day-to-day work with no one there to make the choices for them.

"They're the ones who have to do the dishes and clean up after themselves," Connell said.

"Those who don't clean up after themselves right away are really realizing what an adjustment it is to not have their parents around. They're the ones responsible for their own rules."

Jamie Reansbury, a first-year print journalism student living in residence, hasn't done laundry yet, but said living on her own should be easy.

She said the hardest part is being the responsible one.

"There's no one to tell me to go to bed or anything," Reansbury said. "I'll have to be

more self-dependent, because if I don't do it no one will."

Reansbury said she doesn't miss her family back home because her mom is always calling her.

"It's like she's right here, except she's not here," she said. "You have to move out sometime, so it might as well be now."

Connell said first-year students living in residence should get involved in activities and events.

Christina Brajak, a first-year hearing instrument specialist student, said she doesn't know anyone in residence yet.

"If I had someone else to help me meet new people it would be easier, but I don't usually walk around by myself," she said.

"I haven't gone out to any of the events yet either."

Brajak said if she went out to more of the activities provided at the residence she might get to know more people.

"A lot of students who are in first year are very shy to meet other people because they're in a new surrounding," Connell said.

"Be involved and get engaged with the campus."

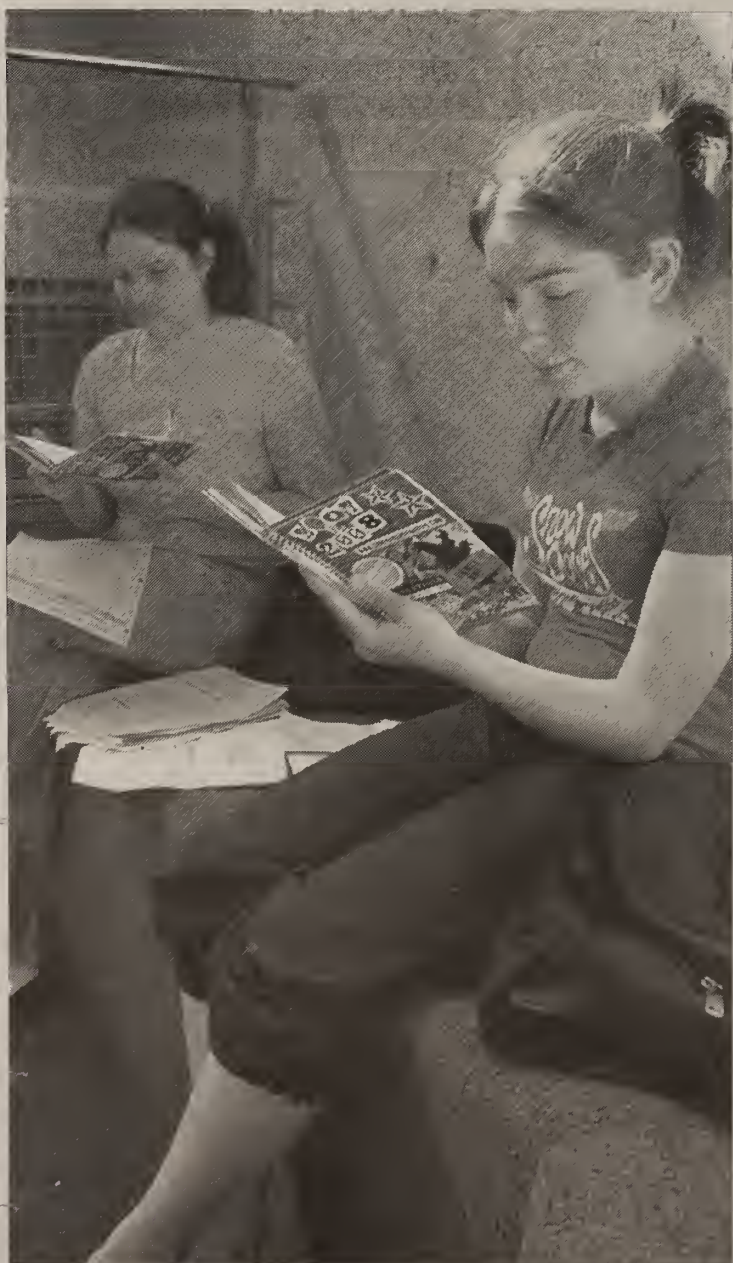
"There are so many things going on within residence."

Connell said it is important for students to take advantage of all the opportunities that have been set out before them.



(Photo by Marcia Love)

Christina Brajak, a first-year hearing instrument specialist, is doing her dishes. She's living on her own for the first time.



(Photo by Holly Featherstone)

## Student planners: a student's lifeline

First-year accounting students Jessie Simard and Ashlie Beeso admire their new student planners while sitting in the atrium. They said they were relieved to have obtained their copies at the CSI office when they couldn't get a copy at the Pond Party.

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# Former sex trade worker tells all

By ALLISON STEINMAN

## Violence was a big part of her life

An instructor in the police foundations program at Conestoga College wanted his students to be able to put a face to an issue after hearing the story of Natasha Falle, a former sex trade worker.

"Street people, regardless of who they are, should be treated with dignity," said Andy Knetsch.

He added that he wanted to open the minds of his students.

"I wanted to make them think about all the power they have and to use that power to treat others equally," he said.

Falle, who worked in the sex trade industry for 12 years beginning at the age of 14, gave three lectures. She said she got into the

business to escape a difficult childhood and also discussed what the sex trade is really like, dealing with drug addiction and an abusive relationship and finally getting out and reintegrating back into mainstream society.

"Most teens are putting on make-up and going to the mall and there I was, 14, with two girls who had already been involved in the sex trade practising putting condoms on cucumbers," she said.

"You justify why it's OK and why you're different from the next person," she added.

Falle talked about how violence

had been a big part of her life as it is for most girls involved in the trade.

**"These girls are fighting a war and they are trained to be soldiers."**

*Natasha Falle,  
former sex trade worker*

"I wouldn't think twice to pull a knife if I had to," she said. "Because I had to."

Falle has suffered two broken arms, cracked ribs, cracked teeth and has had her nose broken three

times as a result of violence and abuse, and she isn't the only one.

"I never knew anyone in the sex trade who was in a healthy relationship," she said. "These girls are fighting a war and they are trained to be soldiers."

Falle spoke about what it was like to go through recovery.

"I knew what I wanted and I knew I didn't want to go back," she said. "I was on the road to recovery and I knew I wanted it really bad."

Falle's short stay at a rehab centre was what made her want to be a counsellor. She now works for a program called Streetlight and

helps women dealing with violence in the sex trade.

Falle then spoke to the students, who as future police officers, will deal with people on the street on a daily basis.

"Validate their jobs but don't encourage them," she said. "Reach out to one person."

A student at one of Falle's presentations was definitely affected by her story.

Brittany Swartzentruber said Falle's story will make her treat street people differently during her career as a police officer.

"She made all the stereotypes I ever held amount to nothing," said Swartzentruber. "She was one of the best speakers I have ever heard."

## Learning life lessons

BY SUMMER MCPHEE

I've learned a lot in the past two years I've spent at Conestoga College. Not only academically, but also through life experiences. I can't determine why it is I'm starting to take it all in now, so I'm just going to assume I'm really starting to grow up.

I've learned people are going to let me down. Not just acquaintances, classmates or teachers, but my best friends as well. I can make the decision to dwell on it and give up on people, or I can leave my heart out there and move on. I've learned who is worth forgetting.

I will also hurt people and let them down. If I can apologize, forgive myself and learn from those mistakes, I will become a stronger person.

I've learned who my true friends are. They're the ones who I can trust with my heart. I constantly

surround myself with people who care about me, because it helps to keep a positive attitude when times are rough.

People will play important roles at different times in my life. As hard as it is, sometimes people change and eventually grow apart. Although I've wanted to hold on, I've learned to let people go.

There are going to be times when I need to think of myself first and times when I put others first. I've learned when I should do this.

Although sometimes it is hard to accept, not everyone is going to like me. These people are just as important as the ones who do.

They will challenge me and keep me strong. I need people who can help me recognize my faults.

I've learned to live. It's so important to make the most out of every moment. I will regret it if I don't.

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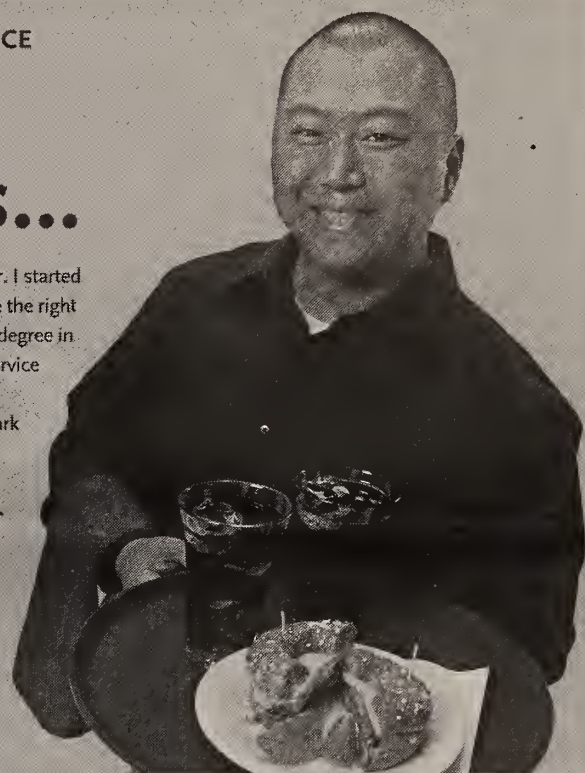
— Constable Howard Mark

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# Nights out can be easy to afford

By JENN SPRACH

School is back in, leaving students struggling to pay their bills with little time and money for themselves.

Luckily, there are various places in Waterloo Region offering deals perfectly suited to a student's limited wallet.

Crabby Joe's on Fairway Road offers weekly specials as well as half price appetizers after 9 p.m. everyday.

On Mondays they have \$3 domestic beers, Tuesdays 29 cent wings and on Wednesdays discount Coronas at \$3.25 each, said employee Chris Williams.

For cheap \$10 pitchers students want to be there on Thursday night, and ladies, it's \$4 martini night on Fridays.

Students can also check out Molly Blooms Irish Pub on Manitou Drive in Kitchener for discount deals.

Mondays they offer Coronas for \$2.99 or a Blue and a burger for \$6.

If wings are the craving it's Tuesday nights for 34 cents, said Lauren Kinney, a bartender at the pub.

"Thursdays is college night," she said, "We have \$3.25 domestic bottles, \$10 pitchers, half price appetizers and a deejay."

Sexy Sundays offers \$2.99 Caesars and half price wings.

Need a taste of Italy? Eastside Mario's on Highland Road in Kitchener has half price appetizers and pizza everyday after 9 p.m., said manager Priya Anand.

Hungry a little earlier? Sunday through Thursday from 4 p.m. to 6 p.m. pizzas are on for half price.

Philthy McNasty's on Westmount Road North has \$2.25

domestic beer and shots and half price burgers on Monday nights, said bartender Brianna Brown.

If you are sick of Tuesday night wings, they have two-for-one fajitas and half price nachos at the bar instead.

Here's where your student ID card comes in handy.

Wednesdays students receive 30 per cent off with their identification, she said.

Thursdays pitchers are \$6.99.

The Still Bar and Grill has the best deal on Friday nights. It's beer bong Fridays which includes a beer bong and two pounds of wings for \$15.95, said manager Tom Bourbonnais.

"It's kind of like an extra large pitcher," he said, adding, "It gets set up at your table and you pour your own."

There is a hollow column in the centre that is filled with ice to keep it cold while at your table.

Students can also get a free pound of wings with their student ID Friday nights, said Bourbonnais.

Everyday from 3 p.m. to 7 p.m. they have 25 cent wings, and the offer also applies Monday and Thursday nights.

Also on Mondays they have \$2.99 Caesars and Coronas.

Sometimes students just want to get out and dance without the high prices gouging their pockets.

Elements Nightclub in downtown Kitchener on King Street has drinks Saturday nights for \$2.75.

The Wax, also on King Street, has \$2 domestic beers and shots, Bourbonnais said. "We have a \$3,000 student prize giveaway coming up on Sept. 29."

It will include a laptop, a digital camera and other goodies students would find useful.



(Photo by Christopher Mills)

## New Student Life Centre a popular place

Students relax in the new Student Life Centre on Sept. 10. In addition to providing students with a spot to rest and socialize, the centre is also home to CSI and health and counselling services. The centre is open for any Conestoga student to use.

# College clubs can be fun if you organize them right

By WEI-LON LEE

Have a favourite TV show? Or perhaps a special interest you would like to share with the world?

If that is the case, you might want to pay Lindsay Silva a visit.

Silva is the events programmer at Conestoga Students Inc. (CSI) and is the person you have to see for all club-related events and activities.

Joining a club is a great way to make new friends and to meet people who share a common interest.

All clubs and associations are

open to any Conestoga College student, and there are no restrictions prohibiting the joining of a club.

If you have any questions about joining or creating your own club, go to the CSI office in Room 2A106.

Very few clubs have yet been approved, but it is still early in the semester, so you can expect more clubs later on, said Silva.

During the 2006/2007 school year, Conestoga had a total of 10 clubs, including the Latin club, a Christian fellowship club, 8 Count (dance team), Conestoga Pride club, as well as a Conestoga Young Liberals club.

Joining a club is easy, and a great way to connect with the rest of the student body, but creating a club of your own requires a little more than just enthusiasm.

Anyone who wants to create a new club has to fill out the CSI club application form, which is available for pick-up at the CSI office.

A few things to remember before you start gathering members for your club; first, everyone in your club must be students attending Conestoga College this year.

All clubs must also have a minimum of 10 students during the school year to maintain itself in good club standing.

Lastly, when organizing club fundraising or any other events, remember that alcoholic beverages are not allowed, since only the new Sanctuary will be licensed to serve alcoholic drinks.

Before your club is approved, you must prepare a mission statement of your club, a plan of operations, an annual budget, a list of



(Photo by Wei-Lon Lee)

Lindsay Silva, CSI events programmer.

elected officers and an events schedule for the year.

After a club has been approved, a progress-report must be given to CSI by the club president detailing how successful the club has been over the semester.

Once you receive approval, you will be given some start-up funding, usually about \$300.

After that, any money spent on club-related activities or expenditures can be reimbursed in accordance with CSI clubs policy.

All clubs must also contribute a minimum of five volunteer hours over the course of the academic year to help out with CSI events and activities.

To remain in good standing, all clubs must organize at least two events or activities related to the club, such as intercultural exchange events, fundraising events or an educational event.

For any other fundraising or donation questions, you can contact Lindsay Silva at 519-748-5131, ext. 10.

You can also drop by the CSI office and ask a staff member.

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# Western remake 'simple but also compelling'

By JOSHUA KHAN

Remakes of a movie can be a good idea and the new western film, 3:10 To Yuma, proves that point.

The newest version of the 1957 film of the same name stars Russell Crowe and Christian Bale, two actors who blend perfectly into the "wild west" atmosphere.

The charismatic Crowe plays outlaw Ben Wade, who is the leader of a gang that has been behind over 20 robberies in 19th century Arizona. After implementing another attack, Wade and his gang stumble into trouble and Civil War veteran, Dan Evans, who is



played by Bale.

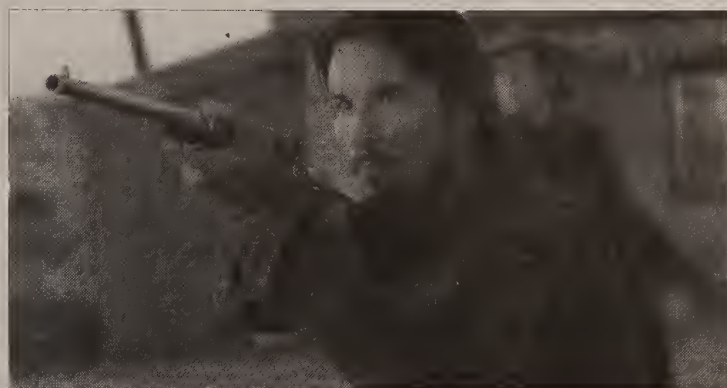
Evans is then assigned to escort Wade to a prison train, the 3:10 to Yuma. Unfortunately, the task isn't that easy, since the journey is full of dangerous obstacles. If you're looking for a fast and constantly moving action movie, then this film isn't for you. 3:10 To Yuma is

like any other western, simple but also compelling.

The lead actors don't seem like the perfect duo for a western flick, but both Bale and Crowe fit their characters and do an astounding job of adding some realism to the movie.

The ending isn't anything spectacular or visually-thrilling, but it does leave you thinking about modern society and yourself as an individual. This makes it different from any other film that has been released this summer.

Overall, 3:10 to Yuma is an eventful story full of heroism and villainy that proves that you don't need to laugh or cry to enjoy a movie.



(Internet photo)

3:10 to Yuma is a fast-paced western flick starring Russell Crowe and Christian Bale.



(Internet photo)

Russell Crowe plays an outlaw in the 2007 remake, 3:10 to Yuma. It was originally released in 1957 and was based on a short story written by Elmore Leonard.

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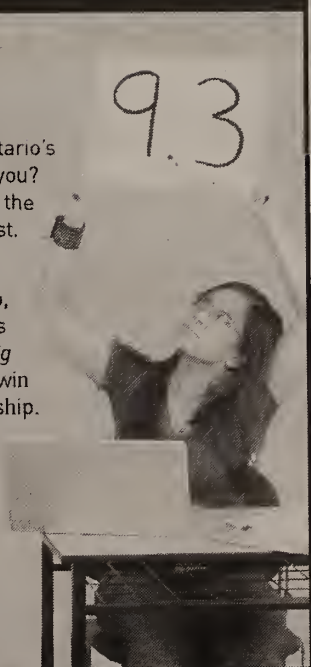
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# Head-to-head

## Don't blame the league or players for accidents

By Alex McNanney

In the wake of Kevin Everett's likely career-ending spinal injury, the NFL and all sports like it have once again come under fire for being too brutal and violent.

Everett, a reserve tight end for the Buffalo Bills, should walk again, but his career as a professional football player is over. It is a sad case, but the NFL and more specifically Dominik Hixon, the player Everett was attempting to tackle, are not to blame.

The NFL has one of the stricter drug and alcohol abuse policies in sports. Players get fined and suspended on what seems to be a weekly basis. They wear thousands of dollars worth of equipment.

The league does all it can to prevent injuries. But it cannot play God; it can't protect the players from freak accidents. What happened to Everett is just an extreme example of what can happen during a football game. There have been countless other similar plays where the players weren't hurt. The NFL cannot control injuries and accidents like those, so when I hear people calling for the league to outlaw hitting, it makes me shake my head.

One also has to consider that the players know what they're getting into. Every player who makes it onto an NFL team knows it means a grinding, pounding, hard-hitting 16-game schedule, plus potentially three to four more games if your team wins the Super Bowl. If you take that into account, the fact life-threatening injuries are rare should show the respect

the players have for one another, and how the league is doing all they can to protect the players.

Most players enjoy the physical competitiveness that sports bring, because it's one of the last primitive domains in our society. "Who is stronger, me or you?" It's that competitive nature that is responsible for the popularity of not only the NFL, but other sports like Mixed Martial Arts, or to be specific, the Ultimate Fighting Championship.

The UFC is under extreme scrutiny because of its violent nature: two men trying to either knock each other out, or to make someone tap out to a submission. I find it very entertaining, and I think it's because of the primitive-esque style of UFC. I'm not the only person, because the UFC is the fastest-rising sport in North America.

And to those who say the fighters aren't protected, two things:

First, they know exactly what they're getting into. They know their objective is to inflict enough physical pain on the other person to get the win. But more importantly, the referees in UFC are very concerned and considerate of a fighter's well-being.

If you've ever watched a UFC fight, you know the referees step in and stop a fight when the person is knocked out. They don't allow the opponent to keep beating the fighter down.

They are so diligent in their work that fans complain they are stopping the fights too early. But their response every time is that it's their duty to protect the fighters, so too bad if the fans, or even the fighters themselves, don't like it.

Broken bones do occur, as well as cuts and scars, but it could be a lot worse if the referees did nothing.

When accidents happen, like Everett's, please don't try to banish a sport because of one freak occurrence. We enjoy it as fans and the players enjoy it, and not just because it's their livelihood.

Don't take it away.



"Most players enjoy the physical competitiveness that sports bring ..."

## It's all fun and games until someone gets hurt

By Christopher Mills

There's a lot of whining these days about how ungrateful professional athletes are. You know, because they make millions of dollars and get paid to play a game for a living. If that's your opinion, you're more than entitled to it. Just don't tell Kevin Everett.

Everett is, or was rather, a back-up tight end for the Buffalo Bills. He makes less than \$500,000 per year and on Sept. 9, football was no longer "just a game."

Playing against the Denver Broncos in Buffalo, Everett — starting just his second year in the league — attempted to tackle Dominik Hixon on a kick return. He lowered his head and collided awkwardly with Hixon, immediately dropping to the ground. Everett would lay motionless for almost 20 minutes before being taken away by ambulance. It was later revealed that Everett had suffered cracked vertebrae and a dislocated neck. Call me crazy, but no "game" I've ever played left me potentially paralyzed or forced me into retirement at age 25.

Yes, some athletes make obscene amounts of money. But most of them do earn it. They spend countless hours training and working out and they put their lives at risk on a daily or weekly basis so that the fans have something to cheer about and talk about around the water cooler the next day.

If you want to knock the players making millions, there is some logic to that. However, most of these players have nothing to fall back on should they suffer a career-ending injury. Consider their million dollar contracts as giant life insurance policies.

My biggest issue is with players like Everett who toil in obscurity, making relatively little money, yet risk their lives every bit as much as the superstars whose jerseys we adorn ourselves in each week. Would you have heard of him if he hadn't broken his neck? I wouldn't have. Sure, he'll be a feel good story to inspire people down the road. Heck, he may even write a book. But is all of that going to help feed his family?

It's never enjoyable to see an athlete get hurt, but it's especially disturbing when it happens to an athlete who's out there for the

pure joy of the game, itching for every chance to get out there in front of 70,000 screaming fans.

Don't get me wrong, I enjoy a bone crushing hit or a good (hockey) fight as much as the next sports fan and if a guy wants to risk his health or his life for millions of dollars, that's certainly his choice. But more needs to be



"Call me crazy, but no 'game' I've ever played left me potentially paralyzed ..."

done to protect the little guys. Teams will spend countless time and money protecting their stars, but the back-ups don't get their due. Especially when it comes to aggressive and potentially violent sports like football and hockey, more steps need to be taken.

I'll be honest; I don't know what could be done. Better equipment? Rule changes? Less emphasis on killing opponents and more on beating them with skill? Heck, maybe even less equipment. Back in the days of leather helmets and nearly non-existent pads, football players relied on finesse and there were far fewer injuries. The irony of today's new equipment technology is that it inherently encourages players to dish out big hits with little to no regard for the safety of their opponents, and even themselves.

I don't have all the answers, but I can look at an incident like this and realize something needs to be done. NFL Commissioner Roger Goddell needs to find ways to make his league safer. That will protect his investments and create a more exciting game for the fans.

And something definitely needs to be done to give the Kevin Everetts of the world the financial and physical protection that they so richly deserve.

# Varsity soccer team mix of old and new

By ALEX MCNANNEY

## Condors' next game Sept. 18 against Lambton Lions

With only four returning players, the Conestoga Condors' outdoor soccer team head coach says predicting his team's performance this season will be tough.

"It's a mystery and an enigma," Geoff Johnstone said with a laugh.

"It's going to unfold as the season goes on, it's kind of fun actually."

The lack of returnees is a point of pride for Johnstone, however.

"I'm glad to say we had 12 guys who have graduated and two first-years who went on scholarships to the (United) States," he said.

The team had 68 players attend the Sept. 4-6 tryouts and Johnstone has narrowed his team down to 22.

He said the team has a surplus of talent, but is missing one key ingredient that can't be taught individually.



"There's no substitute for playing together," he said.

Johnstone hopes the team can mesh together quickly, but the team's schedule to start the year isn't favourable.

The Condors take on Sheridan College and Humber College, two of the premier teams in the Ontario

College Athletics Association (OCAA), in the first four games.

Returning veteran players include Shanc Ditchfield, the team's stand-out goalkeeper from the indoor soccer team last year. Johnstone is also high on two defenders who played in a Sept. 8 exhibition game against Sheridan.

"I actually asked them after one of the exhibition games if they had played together before because they seemed to understand each other so well, and they never have," he said.

Johnstone said his assistant coach, Surej Baines, has been praising one player who wasn't with the team Saturday.

"He (Baines) says he's going to be my best player," he said.

Johnstone also said Aldo Krajcar, the women's outdoor soccer team head coach, has been touting another player who wasn't with the team Sept. 8.

"They're just stable, hard-working guys who make the backbone of the team."

Geoff Johnstone,  
head coach

"He's told me he's going to be an excellent player for us," he said.

But he is glad to have two players in particular returning, captain

Nate Drury and Nick Pandeirada.

"They're just stable, hard-working guys who make the backbone of the team," he said.

"You know what you get with those two really hard workers."

The team travels to Lambton to play the Lions on Sept. 18, then to St. Clair to face the Griffins on Sept. 23.

They wrap up the first half of the season against archrival Humber, in Toronto, on Sept. 26.

The team then finishes the season at home, with the first game at Conestoga on Sept. 28 when the Niagara Knights come to town.

The Condors invite all students, staff and faculty to come out and cheer them on as they battle for the OCAA championship.



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